

THERIAN NATION

VOL. 1 ISSUE 1 JAN 2020

MAGAZINE

Academic Review
Alter-humanity
An Examination into
other than human
individuals

The HISTORY of
THERIAN ZINES

ART & POETRY

Therian
Horoscopes

RECIPES

San Francisco Pork Chops
A Bear-ish Meal
Pork Stew



Note from Ulfrvif

It's the beginning of a new year, and the beginning of a new project.



It's often said that Therians need to focus on what we share in common, and I hope this curation of art, poetry, and personal experiences can help Therians achieve that.

Some may say that's a lofty goal. It is, and as I learned while researching for the history article, few zines have been successful in the past. However, this isn't just my magazine. This zine is a collaborative project. I may manage the submission process and layout the content, but I can't fill these pages alone.

I would like to see future issues with even more content including: interviews, short fictional stories, Therian-related crafts and "How To's", jokes/humor, comics, stories of meeting the animals we identify as, environmental tips, and much more. It's up to others to get involved and participate by sending in their work for consideration.

I welcome feedback about the first issue of Therian Nation Magazine. If you see an error in this issue, please let me know so that I can correct it.

Thank you,
Ulfrvif

Email: therian.nation@gmail.com

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Special thanks to BearX, Uriel, TheoWerewolf, Pete Rude, Aethyriek and many others who helped me with *The History of Therian Zines*.

I also want to say thank you to Amelia Nightside for providing many of the vampire resources.

Cover image:
Peak, October 21, 2018
By: Istas

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4	News & Community Events	30	Enrichment - Music
5	The History of Therian Zines	31	Books
10	Survey Results	32	Movies
13	Academic Review: <i>Alter-humanity</i> <i>An Examination into other than</i> <i>human individuals</i>	33	Games
16	Horoscopes	34	The Kitchen San Francisco Pork Chops Cupboard Soup Pork Stew
17	The Arts - Drawing/Painting		
20	Photography	38	Health - <i>Self Care</i>
21	Poetry	40	Therian Resources
22	Info & Advice	41	Rendezvous
24	Therian Life	42	Otherkin Resources
26	Wild Places	43	Vampire Resources
28	PD's Therian Meets (Part 1)		

Project Shift and Werelibrary have Moved

These collections of essays and information are now both available at therianthropy.info. This is due to the previous domains expiring and other hosting issues. Project Shift is considered a community project. If you have an essay that you would like to contribute, Aethyriek can be contacted by email: aethyriek@gmail.com.

Serious Therianthropy Discussion Chats

These are based on the chats which took place on WereSource's IRC in 2009. During these moderated roundtable discussions, each person is given 5 minutes to share their experiences or knowledge about the chosen topic. The chats are hosted by Citrakayah on the Rizon Chat Network (rizon.net) once per month.

To receive announcements about the STDCs, and how to join the next one, you can follow Citrakayah on Tumblr at citrakayah.tumblr.com or create an account on Werelist or Therian Guide forums. Logs from previous chats can be found on Werelist.

Submit News & Events!

Planning a Howl or Meetup? Know of a Therian panel organized for a Furry Con? Saw a mainstream news segment that might be related to therianthropy?

Email: therian.nation@gmail.com

New Podcast - *Were Are We*



Were Are We is a podcast of group chats and discussion about Therian topics. The first episode is an introductory chat with Zefer Nezumi, Stormdancer, Splitstripe, BlueWolf, Pythios, Erin San

Juan, and Ulfrvif. The hosts and guests discussed what Therianthropy and the online community meant to them along with other topics. The podcast currently has no set schedule, but the first episode will be released in late January or February 2020. More information to follow in the next issue.

Half-animal, half-human hybrids depicted on oldest discovered cave art

CNN, December 12, 2019

"Cave art depicting a hunting scene has been found in Indonesia dated to 44,000 years old, making it the oldest rock art created by humans.

The painting itself is intriguing because it shows a group of figures that represent half-animal, half-human hybrids called therianthropes. The therianthropes are hunting warty pigs and dwarf buffaloes called anoas using spears and ropes." cnn.com/2019/12/11/world/oldest-rock-art-humans-scn/index.html



The History of Therian Zines

Ulfrvif

AHWW Werocard Zine - In the Spring of 1995, Alt.Horror.Werewolves' existing werecards were collected into a printed 'zine by Vladwolf (artwork), WolfShadow (editing), and BearX (publishing) and distributed to members of the community at the time. It contained copies of 61 werecards, poetry, and illustrations. Only one issue was created and 50 copies printed.

Were! - A print magazine was proposed by KatmanDu on AHWW in September 1996. This was possibly to be a followup to the Werocard Zine. That same month KatmanDu put out submission guidelines. In October of 1996, there was a third thread titled "Were! Contribution plea" in which more submissions were sought. After this, there is no indication that the zine developed further or was ever printed.

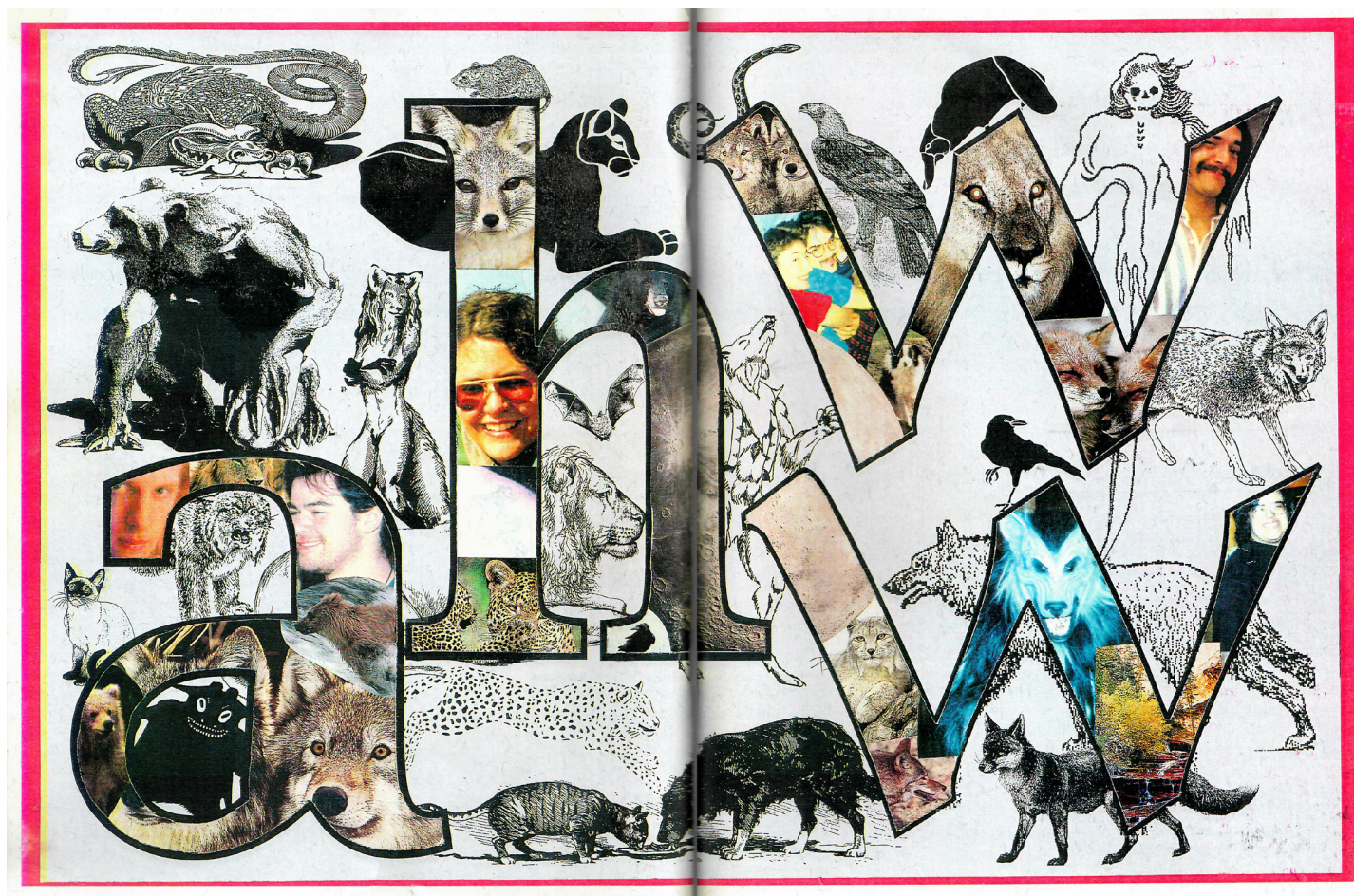


Image provided by BearX

AHWW Zine Cover Art

AHWW Werocard Zine

#1 & only

Winter into Spring 1995

Editor: [REDACTED] (aka Wolfshadow)

Cover Collage Art: [REDACTED] (aka Vladwolf)

Howls, allweres!

If you're actually reading this, a minor miracle will have occurred. This miracle is due in large part to the kind folks listed below, but also to every one of you for taking the time to contribute the words & some of the images contained herein. Thank you one & all! I hope this zine will give you half as much a feeling of pride at being a part of the AHWW Cyberpack as it has me.

Just a few notes of explanation before diving in ... The cards are arranged in alphabetical order by were name, except for those without a were name — their cards are arranged alphabetically by first name (because I felt like it!). I apologize to anyone whose card didn't arrive in time for inclusion ... what can I say? I had to stop accepting cards at some point or I'd never have been able to put out a zine at all. I also apologize for any editing errors, incorrect e-mail addresses, printing problems, etc. Would that I could have made this zine perfect, but time & my imminent loss of production facilities didn't permit.

Credit Where Credit Is Due

Many heartfelt thanks from me to:

- Vladwolf for the excellent cover collage artwork, animal clip art, and downloading artwork from Lycanthrope's FTP site.
- [REDACTED]
- [REDACTED] for PageMaker support, connections, & general congeniality.
- All the weres who submitted original artwork & photos.
- [REDACTED] for production facilities (little did they know!)

That's more than enough editorial babble from me. Now it's time to let the real stars of this publication do the talking. Happy reading!

— [REDACTED]
March 31, 1995

Images provided by BearX

Names and info redacted for privacy

Akela

Human Name: [REDACTED]
Were Name: Akela
E-Mail: [REDACTED]
Phenotype: werewolf
Birthdate: [REDACTED]/62
Birthplace: Iowa
Home Territory: Kentucky
Dream Territory: Kentucky
Physical Description, Human: 6'2", 170lbs, brown & blue
Physical Description, Were: 75lbs, white fur with a streak of black down my snout and over my brown eyes ...
Human Career: Biologist
Hobbies/Interests: Computers, dogs, chess
Favorite Movies: Werewolf ones
Favorite Were Movies: *The Howling*, *An American Werewolf in London*
Favorite Literature: David Brin's *Startide Rising*
Favorite Were Literature: Many
Favorite Art: Burned
Favorite Were Art: I like the art from Werewolf the RPG
Favorite Saying/Quote: "Never look a gif horse in the pixels."
Favorite Were Saying/Quote: "Even a man who is pure ..."
Favorite Personal Quote: "It is only real if you believe it is."
Favorite Song/Band: Fleetwood Mac
Favorite Season: Fall
Favorite Holiday: Halloween
Preferred Prey: Elk, unsuspecting werrecats
Hunting Tips: Never hunt werrecats alone.
Preferred Method of Attack: From in front of my prey ... love the look of fear.
Favorite Non-Were Mythological Beastie: Pegasus
Feelings Toward Vampires: Yucko ...
Feelings Toward Normal Humans: Sickos ...
Personal Lycanthropy:



My feelings in this area are ancient ... my first truly beloved book was Rudyard Kipling's *The Jungle Book*, hence my were-name. I feel a strong kinship with dogs, and I believe I was a wolf in a former life. Lycanthropy to me is spiritual ... I feel it more than society allows me to politely express. The heart of a wolf, the mind of an ape, the body of a man. I can feel how paws feel in place of hands and feet. I can see without color. I can hear the cries of bats, smell the death in fall air, and feel the warmth and kinship that wolves share. To me, to be only human and never give in to your animal side is a grave sin ... the gods gave us a dual nature and we dishonor them by ignoring it all the time.



The Shifter's Legend - (September 1999-2000) An online website magazine hosted by Uath (Uriel). It was a collection of submitted art, poetry, works of fiction, and essays about therianthropy. The zine was originally hosted on were.net. Hosting moved to shifters.org in early 2000. Ten issues had been released, but the last one was available in February 2000. Some of the content can still be accessed through the internet archive.

Spirit Tracks - A website was made in 2008, and the first issue release of the newsletter was planned for January 2009. While the archived page looks well done and organized, it seems that this newsletter project never got off the ground. It was mentioned again in a Werelist thread on November 6th, 2011 in which RagdollTherian stated "...Spirit Tracks has not yet come out with a single issue, in all the time it's been up..."



The Therian News Network - This project started on October 2, 2011 at therian-news.sanguinearanea.org. A thread on Werelist mentions that it was temporarily hosted on therian.org. An update posted to news.therians.org on January 12, 2012 stated that many stories and discussion had been posted. However, very little is available on the internet archive. It seems like after months of moving sites and trying to get started, this project fizzled out.

[The Therian News](#)

For Therians By Therians.

[Our Beginings — January 12, 2012](#)

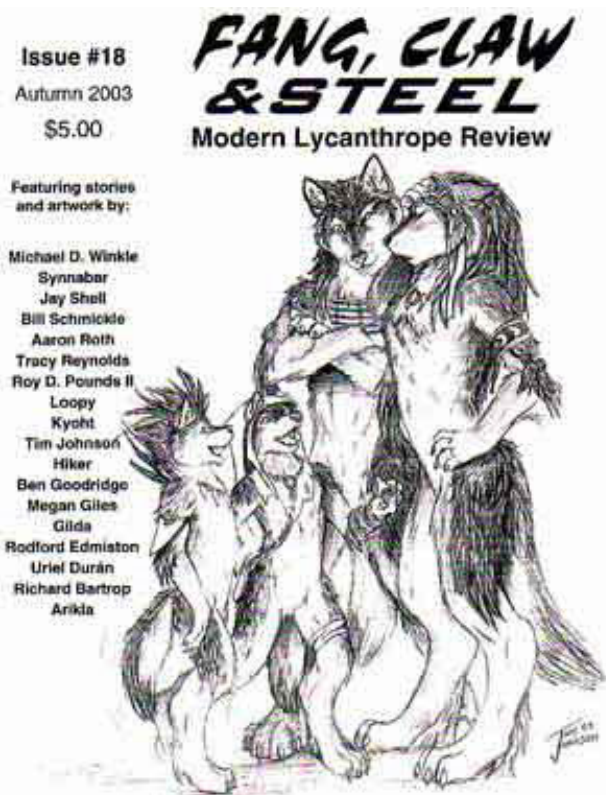
Today we look back to the very begining of The Therian News. We officially started on October 2, 2011 at therian-news.sanguinearanea.org. We've had a lot of help getting started and would like to show some appreciation for it.



The Forest Voice - This zine project was led by Tsu (aka Swanblood). Submissions were announced on October 26, 2011 via her Tumblr and Dreamwidth blogs. The theme of the first issue was "Walking Man's Road: The challenges of living non-human in the human world". The single issue that was released included art, illustrations, poetry, stories, personal essays, and more. It was available for download on December 19, 2011. A second issue was announced, but unfortunately, *The Forest Voice* was not developed any further.



The Howl - This zine is put together by Werewolf with Glasses (Peter Rude). It is described as "A zine of essays, art, and comics about therianthropy and otherkin discussion." The five issues were created between December 2015 and October 2016. These are still available for download, and the project may continue at a later date. **Website:** gumroad.com/dogwithglasses



Fang Claw and Steel - Another zine, while not specifically for Therianthropes, is worth mentioning. *Fang Claw and Steel Modern Lycanthrope Review* featured articles, artwork, stories, and interviews about werewolves. It was "a small press zine devoted to positive portrayals of werewolves and other werecreatures. The lycanthropes appearing in these pages can be heroes, workers, diplomats, homemakers, or anything under the sun (or moon). But they are generally not Hollywood-esque monsters. That type of lycanthrope already gets too much exposure." This magazine was edited, published, and printed in Canada by Terry Wessner. Twenty-five issues were released biannually from 1997 to 2006. 🐾

If you, dear reader, know of a zine which was missed or have any more information, please let me know by emailing therian.nation@gmail.com. Also email if you would like a list of references for this article. They were left out due to space restraints.

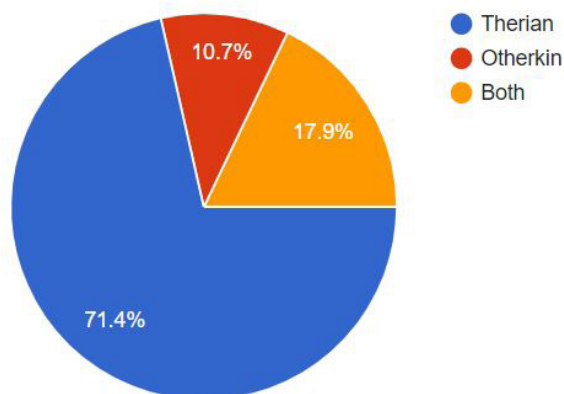
Is there a Correlation Between Animality and Enjoying the Outdoors?

This survey sought to find out if Therians and Otherkin with animal theriosides/ kintypes enjoyed spending time in nature. The questionnaire was anonymous, and no identifying information or emails were gathered. There was a total of 22 questions. The survey

opened to responses on February 27, 2017 and closed November 2019. While it was open for over 2 years, there were only 112 responses. Totals for some of the questions will be shared here. To see all of the questions you can visit: <https://bit.ly/2LIDn7x>

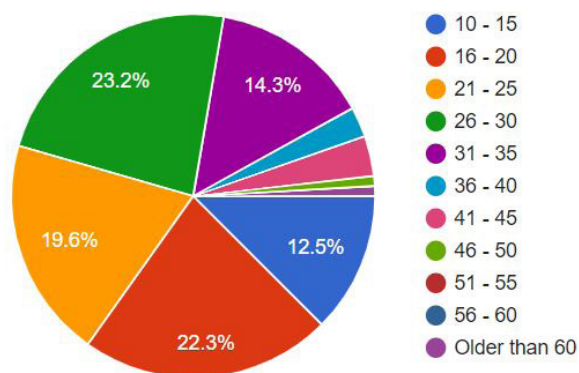
Are you

112 responses



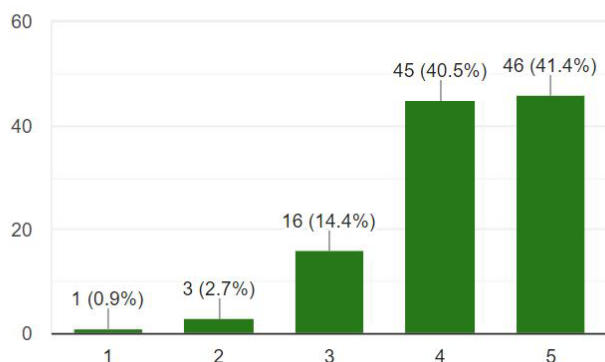
What is your age?

112 responses



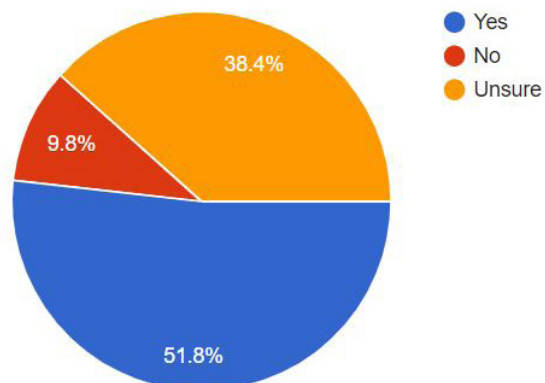
On a scale of 1 to 5 do you enjoy being outdoors?

111 responses



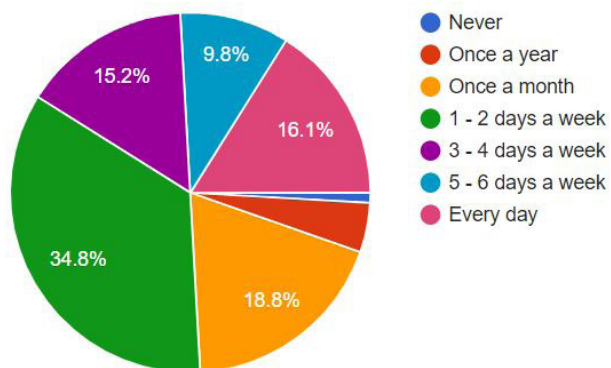
Do you think the answer to the previous question is related to your animality?

112 responses



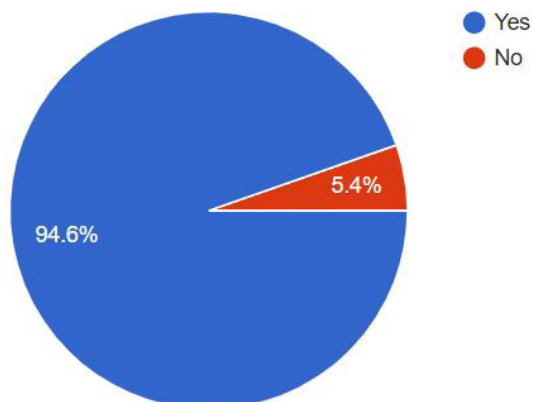
How often do you spend time outdoors in nature?

112 responses



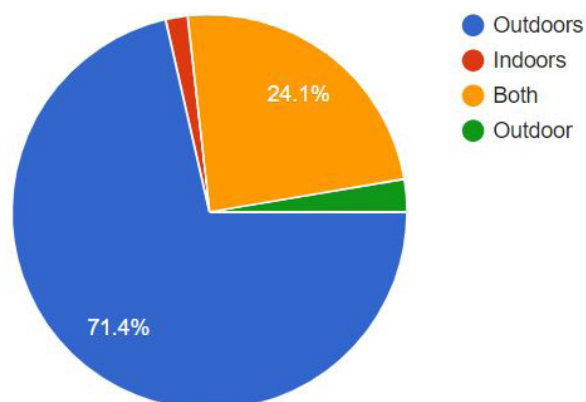
Do you wish that you could spend more time outdoors?

112 responses



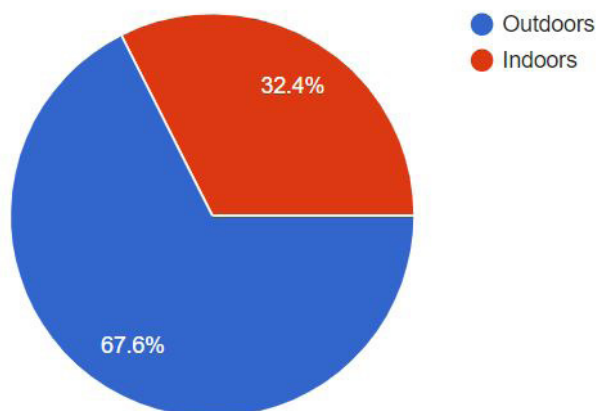
Does your theriotype or kintype spend most of its life indoors or outdoors?

112 responses



Do you personally prefer to be outdoors or indoors?

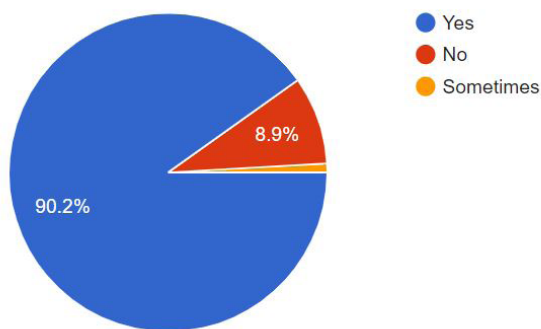
111 responses



Survey Results

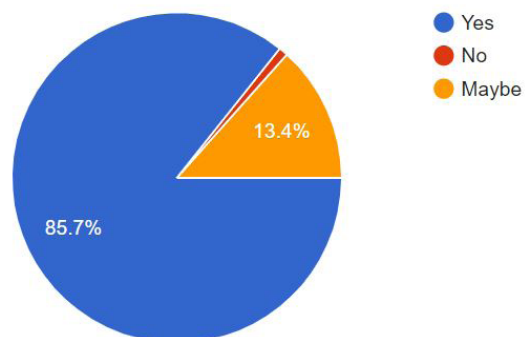
Do any of the outdoor activities that you enjoy cause you to shift into your theriotype/kintype or become more aware of your animal-side?

112 responses



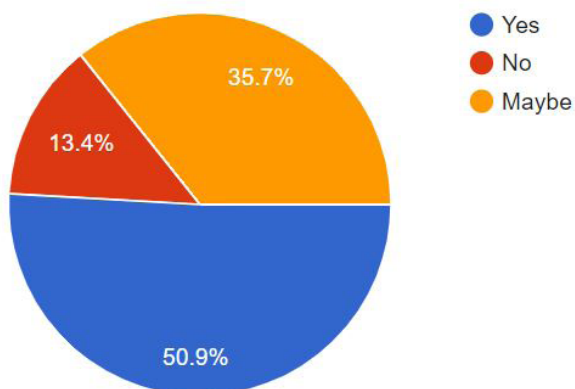
Are you interested in nature conservation and environmental issues?

112 responses



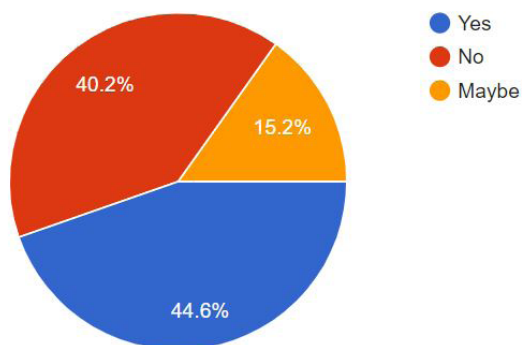
Is your personally preferred habitat due to that being where your theriotype/kintype would also be found?

112 responses



Do you currently or plan to study or work in a field related to the earth or animals such as biology, geology, veterinary care, etc.?

112 responses





Academic Review: *Alter-humanity An Examination into other than human individuals*, Nikky Jackson (2019)

Wolf Van Zandt

There is an understandable trend toward research in the therian community. Therians research their theriotypes and many therians follow ongoing research on therianthropy in general. It's understandable because there remain many important questions yet unanswered. But a hunger for answers can often lead to an indiscriminate acceptance of any answer available. Research is not enough. Quality is important.

Therians need to be savvy consumers of information.

This dissertation provides a good opportunity for me to point out some things to look for in evaluating an information source. It has a big point going for it. It's a peer reviewed document.

"Peer review" means that a document has been read, evaluated, and okayed by a group of people who are accepted experts on the subject covered by the paper. Articles in professional and academic journals are peer reviewed. So are academic theses and dissertations. Commonly, completion of a graduate degree requires original research and the production of a report that is reviewed and passed by a research committee and, often, the head of the department. But, although peer reviewed documents are at the top of the quality scale for information sources, the peer review process can't be taken for granted. The fact that a "peer" is an expert might also mean that the subject of the paper is close to their heart. In other words, the author of a peer reviewed paper may be preaching to a biased choir.

So let's look at the paper. In some ways, despite the dryness and technical jargon of a scientific

report, it is easier to read than other forms of literature, if you know what to look for. A "good" report has standard sections. There is usually an abstract after the title telling you what the paper is about and giving you the major results of the study. In many scientific papers and certainly in dissertations, you will find a section thanking those who helped the author survive the trials and tribulations of the research, writing, and publication. Then, there should be an introduction explaining the subject and covering past publications relevant to the topic. Next, the author should provide a description of the research and how they went about the study, their methodology. The results of the study are presented in another section, including the results of any relevant statistical analyses, followed by a section in which the author gives their interpretations of the results - usually called "the conclusions." Finally, there should be a section discussing the recognized weaknesses of the study (no study is perfect and researchers should be humble enough to admit it and creative enough to come up with a few reasonable examples) and suggest some avenues for further study that might strengthen their conclusions and answer questions that might have been generated by the study. Usually, there will be a bibliography of works cited in the paper and there may be appendices tagged on to the end containing tables, program codes, survey questions used in the study, etc., etc.

Although this dissertation is structured as a book with separate chapters, most of the standard sections are there and the 55 page document is fairly well formed, although the book format tends to mix the traditional sections together somewhat. You have to dig somewhat.

I was quickly aware of several weaknesses. The first section is a literary review of sorts but is more a promotion of the author's position. The first statement in the introduction is inaccurate. "The topic of otherkinity warrants further exploration in academia as there is yet a theorsation that acknowledges to a significant level that alter-humans are not a singular entity." (Jackson, 2019, p 3) It seems to me that the fact that there are separate extant studies of therians, vampires, furies, etc. is recognition enough that we are dealing with different entities.

Very soon, there are many other pieces of misinformation. "Since Lupa's renunciation of her Therian identity in 2013, and the removal of her *A Field Guide To Otherkin* (2007) from publication shortly after, her work has become much more difficult to access, even as a researcher." In fact, many studies on the Therian community have regularly cited her work since 2007 and a cursory Google search will result in a page full of sources for the work.

A large problem may be that the literature review only included, in addition to Lupa's work, the studies by Joseph Laycock, Danielle Kirby, and Venetia Robertson, some of the first studies of the Otherkin community and all from the field of religion studies. "The scholars which will be explored in this work illustrate that Alter-humanity is regarded as religious prior to an examination of the community, consequently the experiences of such individuals are interpreted through the pre-existing hypothesis of religiosity." Had the author looked further afield, especially to more recent studies by the Therianthropy Research Group in the UK (Grivell, 2014) and the International Anthropomorphic Research Project (International Anthropomorphic Research Project, website), she would have realized that religion is no longer the primary framework for therianthropological research. Religion studies is a field that seeks to understand religious beliefs using the methods of the social sciences. A characteristic of social sciences is that they deal with very complex, chaotic

phenomenon and, typically, when a new subject is opened (such as otherkinity), there can be considerable error. Over time the social sciences are self correcting as new studies look at the same topics. Much of the reviewed work is seriously out of date. For instance, Robertson's work (Robertson, 2013) relied on small samples from online forums, therefore she completely missed the importance of offline therian communities and the independence of therianthropy and spirituality.


The current work carries the same weakness. With a study group consisting of 17 participants from Reddit, there is no way that it could be representative of the Otherkin community as a whole. For a discussion of how members of Reddit differ from participants on Tumblr and the Werelist, see Devin Proctor's dissertation, *On Being Non-Human* (Proctor, 2019). For a discussion of the statistical differences between therian furies and non-therian furies, see the Research Findings page of the Furscience website of the International Anthropomorphic Research Project (furscience.com/research-findings).

Unrepresentative samples would not make research results worthless, but they would be preliminary, presenting ideas for further, more rigorous research. The fact that the small sample used in this work shows such evident diversity is relevant.

The current study presents the dual-axis construction (mundane vs. religious thought) of Christopher Partridge as a useful tool for studying the diverse Otherkin community. As a tool, it does, indeed, look useful. But, as Ms. Jackson suggests, "an extrapolation of the individual to the wider [Otherkin/alter-human] community is perhaps not possible due to the conflicting theorisations on one's existence as alter-human, and as such work on the community should perhaps be framed as an investigation into that particular community." (Jackson, 2019, p 48) So I wonder at the insistence on considering alter-humans as "a large spectrum on which an

individual might identify" (Jackson, 2019, p 5). A spectrum indicates a continuous variation. The variation indicated by this study indicates an assortment of diverse, not necessarily related, communities. So why research otherkinity as a singular entity at all and why, especially, broaden the already umbrella term into "alter-human" to include any human that might consider their self in any fashion non-normative-human?

Ms. Jackson repeatedly presents studying how Otherkin goes about their daily lives as the appropriate way to study the community, rather than why Otherkin are the way they are. This is, indeed, a reasonable approach, being a respectable anthropological approach, but it is not the only angle. Physiological, neurophysiological, psychological and social psychological, and, yes, even religious approaches are warranted. There is a temptation, always, for researchers to view a phenomenon through the lenses of their own field and pet theories exclusively, but such an exclusive approach excludes necessarily and leads to a partial model of the phenomenon. At the very least, acceptance that individual studies provide partial pictures allows diverse studies to be pulled together for more and more complete models. That's how science is supposed to work to self correct.

There are certainly good points in this study but the idea that otherkinity is not, at base, a religion is rather beating a dead horse, and the ideas that otherkinity should and should not be studied as a singular entity reside rather uneasily in the same house. Further, the reader should be vigilant for the occasional misinformation sprinkled throughout the early sections. 

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Grivell, Timothy, Helen Klegg, and Elizabeth C. Roxburgh (2014) An Interpretive Phenomenological Analysis of Identity on the Therian Community, *Identity: An International Journal of Theory and Research*. Volume 14, Issue 2, 2014. Pp 113-135.

International Anthropomorphic Research Project, Furscience. website.
<https://furscience.com/research-findings>
Accessed 12/5/19

Jackson, Nikky (2019) Alter-humanity: An examination into other than human individuals through the lens of identity, dissertation, Lancaster University, Lancaster, UK

Proctor, Devin (2019) On Being Non-Human: Otherkin Identification and Virtual Space. dissertation. The George Washington University, ProQuest Dissertations Publishing, 2019. 13810285.

Robertson, Venetia (2013) The Beast Within: Anthropomorphic identity and alternative spirituality in the online therianthropy movement. *Nova Religion: The Journal of Alternative and Emergent Religions*, vol. 6, issue 3, pp 7-30. University of California Press Journals.



Aries - The Ram March 21 - April 19

It might be a season of conflicting emotions and actions for you. Stepping back and observing your environment may give you clear perspective on things. It is a good time to pick up a new and creative hobby and power through even in the moments that you forget you have thumbs. After all, who needs thumbs?



Taurus - The Bull April 20 - May 20

A rocky season is ahead of you, but you'll rise out of it all the more confident. In the meantime you'll find yourself forgetting how many limbs you have, asking friends to be cautious around your tail, and perching at the edge of chairs for reasons unknown. Be wary of food that has fallen on the floor. Not a metaphor. You might actually desire to devour it this month.



Gemini - The Twins May 21 - June 20

A month of communication and reflection is in store for you. Some days you'll uncover shattering truths about yourself, other days you might grumble at the mirror. Life will be like a thousand piece puzzle and the final piece awaits. The stars suggest you've left that piece in a delightfully eerie basement. Seek the aid of friends and family this season, you're a benefit to them as much as they are to you. Try not to lick anyone's face as a gesture of appreciation however. Your human friends might be a bit confused.



Cancer - The Crab June 21 - July 22

Consider what is essential and meaningful to you this month. You're frustrated with current affairs but there's no shame in experiencing negative emotions. You have the perseverance and will to work through them, coming out brighter on the other side.



Leo - The Lion July 23 - Aug 22

You'll find yourself responding to people in the vocalizations of your theriotype. Take it as an opportunity for open communication and bonding with others and forming deeper connections to friends. You might be surprised to find there's a little animal in all of us.



Virgo - The Maiden Aug 23 - Sept 22

A dramatic change will be coming to your life this month. Welcome it. You might find yourself feeling shifty in a supermarket and be surprised by the impulses of animality. While caution and composure come naturally to Virgo, fear not what the cameras of strangers may capture as you traverse through Aisle 19, for their microSD cards will crumble to dust upon seeing the sunlight.



Libra - The Scales Sept 23 - Oct 22

Times can be tough, so let your claws and scales be tougher still. The coming month may be trying for you but with every challenge will come a greater appreciation for the animal within. Take this as a time to reflect and find balance, but don't be afraid to let loose.



Scorpio - The Scorpion Oct 23 - Nov 22

You may be sensitive to criticism this month. This won't last, but reflect on the cause. You might find a simple lack of confidence is at fault or you're having difficulty getting your thoughts and feelings across to others. Be sure to check whether or not you're using human words.



Sagittarius - The Archer Nov 23 - Dec 21

It's tempting to imagine that the difficulties of living in a human world are behind you. You might jump from one thing to the next readily. Have patience before making any decisions or proclamations. You'll look back grateful for the wait.



Capricorn - The Sea Goat Dec 22 - Jan 20

Hunt around for the seeds of contentment by nibbling on some toasted pumpkin seeds. It's an excellent season for bird therians and emulating their ways aids you in feeling calm and relaxing joy. You'll take breaks to observe the softer details of your environment. If your theriotype is a bird, however, expect some wild winds to come through.



Aquarius - Water-bearer Jan 21 - Feb 18

There's a fire in all your heart but sometimes there's a time to tame it. See this as an excellent time for travel and adventure. Cool your thoughts and nerves with long walks, star gazing, and follow your wanderlust. Save startling strangers for next month, however much it calls to you to enrich their lives with your animal ways.



Pisces - The Fish Feb 19 - Mar 20

It's your time, Pisces. Seize every opportunity to be yourself. Fear not the opinions of others and let your inner beast roam freely. You deserve it. For Pisces in the Northern Hemisphere enjoying their winter celebrations and festivals this is the perfect time to embrace both yourself and the roast turkey upon the table. If you missed your opportunity earlier in the season, try not to despair, it will arise again soon. Your family might be frightened by your sudden bestial lunge for slow cooked poultry, so be sure to ease their worries in a few days when emotions have cooled.

Glass Dragon



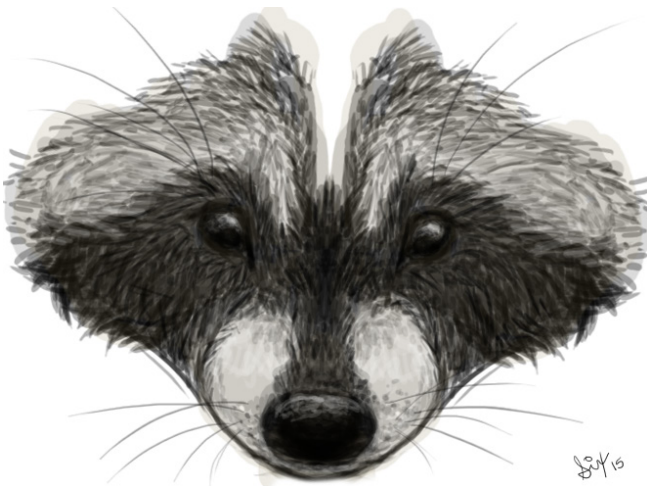
Mundane, Digital Art, December 2019. The idea behind this piece was everyday human life as an animal with a human body, minus the human body. I took some inspiration from Hayao Miyazaki's film "The Cat Returns". The scene with the procession of cats early on in the film always stuck with me because the cats, though walking on their back legs, maintained proper cat proportions, not anthropomorphized humanoid ones. That is the style I also tried to go for with this piece. Though the snow leopard is doing very human things, I didn't want it to lose any of its feline-ness. Website: glassdragon.weebly.com

Anuolf 'Sixnco'

Weasyl: weasyl.com/~sixnco • Twitter or Telegram: @AnuolfRaccoon
Open to digital commissions throughout the year



Lioness, August 10, 2018
Digital sketch done for Lion Day 2018



Raccoon, October 4, 2015
Digital black and white speed paint



White Fox, May 31, 2019.
Digital commission for DangerFox/
BroccoliFox (used to be called Shonsu
on Werelist)



Transported, Digital Art, December 2019.
Music sometimes reminds me of home.
Commissions available. Please contact for more details.
Twitter: @GodDamnitLopori
Email: blowfeesh@icloud.com

Istas



Big Horn Face-on



Goat Chew



Valley



Hoof Up



Weird Sisters

The Hunt

Elinox - July 2008

Feeling the Earth beneath my paws,
Running, running through the trees.
Darting in and out among the shadows,
Following the soft breeze.

My nose lifts up and my hackles rise,
And I follow my other senses.
Ignoring distance and time itself,
Giving a wide berth to man-made fences.

I see the herd, relaxed and unmoving,
I creep in closer and crouch unseen.
This is part of life, death, rebirth,
An ends to a simple means.

I dart forward,
Paws pounding the ground.
Rushing towards the prey,
Barely making a sound.

A leap into the air,
As I go for the killing bite.
Jaws close around a delicate throat,
Strong and deadly tight.

The enemy falls swiftly,
Their sacrifice great.
One life to save others,
In a dance of fate.

Blood fills my mouth,
Hot and sweet it tastes.
The others come and join me,
Nothing goes to waste.

Evening has broken,
As we sit beneath the stars,
Singing to the moon,
Knowing that the night is ours.

Moon

Ulfrvif - October 5, 2006

I sit and question the day
Asking the burning sun
Why didn't you stay away?

I am one with the Moon
As She shines in the night
Her silvery light flashes from nocturnal eyes
And her presence stirs the quietest soul,
Filling the night with music.
As owls tell their secrets and history,
Wolves dance and sing of glorious mystery.

Tales of the Red Wolf

by E. Sickler

◆◆◆◆◆

House of Red

Wicked Wolves

◆◆◆◆◆

*A fairy tale re-telling of
Little Red Riding Hood with
werewolves, witches and pirates!*

Available on Amazon.

For more info, please see

www.sicklersstories.wordpress.com


It's Okay to Not Know

Anuolf

Are you new to therianthropy? Or maybe you've been aware of it for some time. Regardless, I'm here to say that it is okay not to know. It's okay to be confused or just finding yourself. From someone in the community for just about 20 years, don't rush into things. Something like this takes time, and a lot of it. It's okay that you don't know weeks, months, or even years into this.

Very few people have themselves figured out completely. Some go their whole lives still learning about themselves as they continue to grow, expand their way of thought, and as the world changes around themselves. We are not stagnant beings, we are always changing just like every person on the planet. We grow, we adapt, and we press on. Therianthropy is an integral part of us, but it isn't the only part. As we learn more about ourselves, it is quite possible to learn that you aren't actually a therian, or that you were completely wrong about the animal species that you initially assumed you identified as.

To avoid this, it is highly recommended by older generation therians to avoid being too quick in trying to figure things out. There are still older therians who still don't fully know. You may go decades without truly being sure. Always question. Always be open to being questioned by others [as long as it is a respectful conversation]. Grilling is a thing, and a habit done by past generations, albeit a bad habit. But, it was also a helpful tool, especially the difficult questions that forced you to think long and hard about the answer. Some never were able to answer fully, and some still can't. And that is okay.

The point of it is, it's better to take your time, question yourself and your thoughts, and learn more, not only about yourself, but therianthropy in general. It is okay not to know, it is not a competition, and it will pay off in the long run than rushing into it. 

Who am I? - General Advice and Random Thoughts

Russian

The therianthropy community, in particular Crossroads, is a weird group. We have admins and senior members, but there is no control. When it comes to therianthropy, it may not be clear what exactly it is we are talking about. There is no single, good definition that we all agree to. With the parts we can agree on, there is a lot of vagueness. There are a lot of questions on whether or not people belong in the group and what you should do.


The first thing you should keep in mind is to not let anyone else define therianthropy for you. You may not measure up to my own personal definition and that is irrelevant. My own experiences and ideas should not and cannot define who you are. Similarly, your ideas and definitions do not define who I am. We can share, agree, and disagree. But do not force yourself to live by someone else's definitions.

Second, therianthropy is inherently unscientific and immeasurable. This means that there will always be uncertainty. It is probably a good idea to avoid people who are absolutely certain about themselves and their ideas of therianthropy. This also means that it is fine and preferable to be uncertain. Answering a question with "I don't know" is better than trying to make something up. There is an element of faith, but don't confuse faith with certainty.

Since everything about therianthropy is uncertain, you need to be constantly asking yourself questions and evaluating your own answers. People change and with them, their interpretation of experiences also change. Be honest with yourself, even if that means you decide therianthropy is not for you. At least

in Crossroads, it does not mean you need to leave and give up friends.

Your experiences are your own. You do not need to share them with everyone publicly. Especially when first starting out, it may not be a good idea to share everything at once, especially with the amount of uncertainty involved. However, it is a good idea to have some people you can share with privately. Many people are willing and able to share their experiences and possibly even give context to what you are experiencing. This is often rather personal. Make sure it is someone whose personality is compatible with your own and is someone you can trust.

The last piece of advice I can offer is do not focus on the physical. Therianthropy is not something that can be seen or measured, so assigning particular physical attributes doesn't make sense to me. If you feel a need for physical representation, art may be a good way to explore. But try not to confuse a fursona with an aspect of therianthropy. 

- Answerable to no one
- Not knowing is good, preferable
- Always ask yourself
- Honest with yourself
- No need to share publicly
- Don't focus on physical


Stars

Pete Rude, December 2019

I really like looking up at the stars. It just feels... right. To be honest, it feels like home. Being out at night and seeing their sparkle in the dark sky, feeling the crisp night air in my fur, hearing the night sounds, it feels like where I belong. When I need a refreshing, a recentering, I take myself out for a walk.

I put in my headphones and play a song I know well, and I look up at the dark sky and sing along. I look at the moon and feel her healing energy pulse through me. I look at the stars, and find Orion's belt, following it down

to Sirius, the chest of Canis Major. Wherever I go, canine energy is looking down on me. The stars hear my song, passing it on to other wolves around the world. I'm connected to all the canines, like stars are connected to each other in the constellations.

So when I don't remember who I am or what I am, I go out for a walk and find my answer in the night sky. The moon and constellations tell me. And the answer wells up within me, filling my lungs and bubbling out of my throat in a howl. The stars help me to just be me. 





What My Phantom Limbs Feel Like

Elinox, December 5, 2019

Photo: Yellowstone
Elinox, September 2019

When Autumn begins to grow cold and moves on towards Winter, I become acutely aware that my ears are on top of my head, peaking out through my hair. They twitch at sounds and flick with my emotions.

My tail, a large and soft fluffy thing, brushes the back of my legs when I walk. It swishes, from side to side when I move, seemingly with a life of its own.

My paws, with blunt claws, click on the pavement as my feet hide inside my boots. My muzzle, pokes outwards from my face, whiskers bristling in the air. My teeth are too large for my mouth and my tongue wants to loll out. My cold, wet nose quivers at all the smells.

And then I feel my fur, layered on top of my skin, gently waving in the chilly breeze. Fluffed up against the cold, keeping me warm.

Where my phantom limbs attach to my human body, I tend to feel it as a slight pressure and heat on my skin. When I've felt the top of my head where my wolf ears should be, the area feels warm to my touch. Sometimes it feels like there's a tingling sensation where the limb attaches to my body.


None of these sensations are unpleasant, it's just a way for me to notice that they're there.

It's the pressure feeling that usually alerts me to the limb in question. After I notice this, then I can focus my attention on how the limb feels and what it can do. Similar to how you have a baby toe and know what that feels like, but you only notice it when you make a conscious effort to do so. Pay attention to it and the

feeling becomes stronger because you're focusing on it. My ears feel pointed, although they are not sharp points, slightly rounded at the tips and covered in short, fuzzy fur. The fur inside is softer and finer. They slope gently backwards where they meet the top of my skull and they stick up about 3 inches above my head. I've never felt them over my human ears, they're always on top of my head.

I feel my fur most often across my shoulders and neck and down at the base of my spine. Sometimes it extends in a line from one to the other, but not usually. The fur along my shoulders feels thicker, like a ruff of coarser fur. Not shaggy, but heavier. Above my tailbone, the fur is medium-length and blends into my tail that is a large brush. My tail reaches to the back of my knees and is exceptionally large for a wolf's, about 18 inches long and 7 inches wide. When I'm walking or standing, I can feel it bumping against me. When I sit down, it falls naturally towards my left side.

I only occasionally feel paws and the toes splay wide when I walk. The claws are blunt and the pads are rough. Even more rarely, I feel a muzzle poking out of the front of my face. The teeth are long and sharp and don't feel fitted to the space of my mouth. My lips hang down instead of out and my nose is wet and cold. My whiskers are stiff and short.

All of this can be felt and noticed in the blink of an eye, or it can go on for hours if I pay attention to them. Yet my phantom limbs are always there, it just sometimes takes conscious effort to pay attention to them and how they feel. 

My Natural Habitat

Lopori

There are places both traditionally wild and others not so, which make me feel more at home as either a bonobo or a merperson. For the purpose of keeping in-theme I shall focus my attention on the bonobo side of things. One of those places being my nearby zoo, it's an hour long train ride away plus a quick bus and all of that is worth it. Sadly I've not been travelling there as often as I'd like to lately but such is life. I aim for every couple of weeks or so if I can help it. The zoo houses all non-human apes, bonobos included.

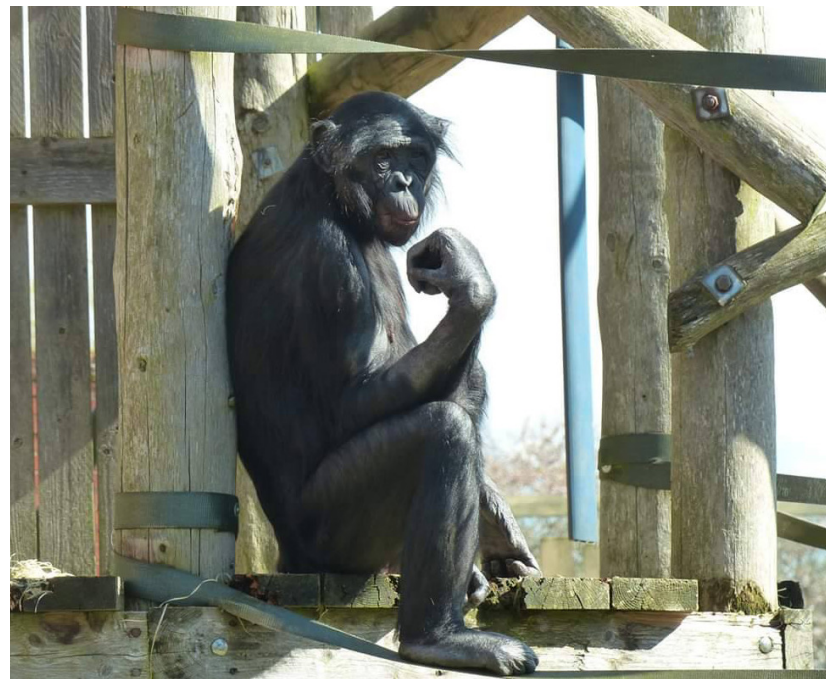
I find it very restorative and relaxing to spend a couple of hours watching apes go about their business, it's my first point of call when life starts getting me down. There are apes I know quite well too, I'm very good friends with a chimpanzee named Tommy, I feel closer to him than I do some of my human friends. I get to let my hair down a bit and play with him as a chimp would, albeit with glass between us. We do amass an audience sometimes, people are quite charmed by how well we get along. A couple of the younger bonobos play with me as well sometimes, though not as often as Tommy and other chimps. He was hand-reared so likes humans.

The longer I spend away from that zoo the more fragile my mental state is, and the more I get to visit the more resilient and content I am. I'd live there if I could.

While I do enjoy those outings, it is something of a double edged sword. When spending time with bonobos in particular there is always a risk of feeling rather left out. I am convinced in that moment that I am on the wrong side of the glass and it's downright criminal that I can't be in there as one of the troop, can't touch them, and I have to go home once the zoo closes. This feeling is fleeting however and overall it's a pleasant experience, I always leave feeling especially upbeat and hyperactive.




Tommy looking at toys



Maringa the Bonobo

I'm not unlike a lot of forest dwelling therians in that I feel the benefits of a good walk in the woods. During the summer I am much more outdoorsy because of how green everything is, woodlands are more akin to jungles than not during early to mid summer. There is a sizable patch of woodland only 20 minutes walk from my house which becomes a usual haunt during the greener months. Hot days are a bonus. A number of the trees are easily climbable, I've gotten quite proficient at tree climbing since going there and it's good exercise. A couple of times I've had a go at making a "nest" out of some of the softer branches, mostly as a bit of a puzzling prank for the next walker who comes across it. Plus other goofs like shaking branches, drumming buttresses etc when I'm in earshot of people in the distance. I avoid being seen though.

About an hour's drive away there is a naturist club out in the countryside that puts me in bonobo mode. I've only been there a handful of times but it always leaves its impact. It panders to the bonobo in me to take part in social nudity in naturist parks and such, I suppose there's something kind of primitive about it, for lack of a better word. This particular place has its own forested trail with a stream running through it, very lush foliage alongside the path with plenty of opportunity to avoid the beaten path. As well as a lawn and cabin with an open fire where most members gather.

When I'm done socialising I like to walk alone into the wilder area with the stream and such. I sit by the waterside and take in my surroundings, feel the sun and breeze on my bare back, touch the plants, feel the ground beneath me and forget myself for a while. In my mind I'm a wild ape taking some time to themselves in a hidden patch of their forest home. I've even climbed a couple of trees in those woods, though I'm usually wearing my shoes for that so I don't scratch my feet up! 



Hillside Naturist Club



Hillside Naturist Club



1st Warrior Cat Meetup

Organizing Therian Meets (Part 1) - The Challenges

Pink Dolphin

When I was 13 years old, I joined a text-based RPG game from Warrior Cats. I was a huge Warrior Cats fan and truly got carried away by it. Before I knew I attended two local meetups from the website, and that's actually how my journey as meet-organiser started.

I was annoyed by the fact that this RPG website never held meetups in my own country. How did I fix this? By organising myself. I was extremely young and inexperienced, and so my first meetups had barely 4 to 7 attendees each. I was 13 years old when I held my first meetups and continued until I was 16 years old. Often people would tell me, "You're too young to hold meetups." My advice would indeed be to wait until you're 16 years or older. At least have an older friend or parent help you. But it's not impossible.

The biggest issue I had was lack of decent communication, which caused many misunderstandings. Some members showed up at a completely different location or hour, others not at all. It was unclear who the organiser was (me) or what we were going to do. The meets itself were fun, but often members left at

completely random hours, as we discussed no ending times. Which could become very confusing and hectic.

Shortly after I turned 16 years old, I discovered about the existence of therianthropy. Around the same time, highschool started to consume more of my time and likewise I stopped visiting the Warrior Cats RPG forums. My audience literally switched, as I found more interest in the therian community. I met up with one local therian, and then found another at my school. And slowly felt at home within the community. Those small meetups were what inspired me to perhaps later on, try to hold a bigger meetup.

When I joined the Therian Guide forums on 23 January 2017, I got contacted by KaidaSea Moonlight. KaidaSea was apparently another local therian, she suggested to create a local facebook group for therians in Belgium and The Netherlands. We did, not sure what would become of it. It however slowly grew to become a group of 20 members of a varied age ranging between 14 and 20 years old.



1st Therian Meet

We held our first therian meet-up in a city at a Christmas market and it became a huge success. We used my previous knowledge about organising Warrior Cats meets but still faced the negative throwbacks of being inexperienced. The meet was overall fun, but likewise we had issues with planning (like starting and ending times), we didn't know our location (so we had to use Google Maps) and we didn't know our members (one had stomach issues by example, which created issues when we entered a McDonald's)

The same mistakes repeated itself over our 4 first meets. And as the community grew bigger and more connected through group chats and online activities we got extra issues on top of all. Typical moments of drama, disagreements and hate. We had only two admins, and I was the meet organiser on top of being an admin. Soon people felt like we were picking sides or couldn't 'control' the group at all. Others would occasionally try to take over the leading, only to create more confusion. By now, the group had grown up to about 30 to 40 members. And our meets had standard around the 12 attendees each time.

This showed us a lot about how we'd had to change our way of organising and being admins of such a fastly expanding group. Until we'd change how we were handling things, we'd keep bumping into the same issues. There was simply too much work in organising a meet every 2 months, to be handled by just one organiser and only 2 admins. Especially as inexperienced and young (17 or almost 18 years old) we were.

We couldn't keep track of the members, we lost phone numbers, we couldn't communicate correctly, not everyone could be private contacted due private messages that were blocked and we systematically kept repeating our own little organising mistakes. It was nothing horrible, and meets were fun themselves. But afterwards, we often felt the burn of those who thought we were incapable of doing our job.

In the next issue, I'll go more in depth about how we've overcome these issues and how the meetups and the group expanded along our way of learning. WOOF!



MUSIC

Music and therianthropy go hand in hand in my experience. Like with any life experience, memory, etc. There is a steadily expanding list of songs that remind me of my theriotype, or make me a little shifty or nostalgic for places I've never been. It's an easy, fast track way to get in touch with my therioside.

- Lopori



Submitted by
Lopori

"Karibou Yangu" Tshala Muana (1987 Single)

Congolese rumba makes me feel a little shifty, not every song ever made of course but quite a few. While I don't understand most lyrics, including this song, it's the overall sound that gets me. It's the music from the region bonobos live, so it reminds me of my habitat. This particular song really sends me to my happy place.



Submitted by
Ruddertail

"I Don't Speak Human" Omnia Musick and Poëtree (2011)

Sure, sure, it's juvenile, but what therian can't identify with the sentiment of just not speaking human? It's a rather cathartic yet calm song with primal rhythms that will surely make you feel a little shifter than usual.



Submitted by
Ruddertail

"Therianthropy" Septicflesh The Great Mass (2011)

Whether or not this metal song is actually about therianthropy or not is hard to say. The lyrics are certainly close enough, and the song is structured in a way where you could imagine it being a reassuring dialogue between a person and their therioside - "if you can think of me, if you can dream of me, I'm still there, in you". All in all it's certainly shifty, if you can stomach growly metal.



Submitted by
Pete Rude

"White Cedar" The Mountain Goats Transcendental Youth (2012)

"I will be made a new creature, one bright day." White Cedar is such a personal, spiritual, hopeful song. And it's so adamant about living your truth, saying "You can't tell me what my spirit tells me isn't true."



Submitted by
Pete Rude

"Night" Bill Callahan Woke on a Whaleheart (2007)

This track just oozes calm, peaceful reflection. To me, this is the musical equivalent of looking up at the moon on a clear night.



Submitted by
Ulfrvif

"Ulv Kult" Osi and the Jupiter Uthuling Hyl (2017)

This song is primal, with the vocals often sounding like wolf howls. It is emotional. The instruments create an atmosphere of mystery and deep longing. I interpret the song as a shamanic chant to gain the strength and perhaps even the form of the wolf. The word "ulfhednar" is in the lyrics. It is Old Norse meaning "wolf-hides" and was used for wolf warriors.



1991 Carroll & Graf
Publishers

Saint Peter's Wolf by Michael Cadnum

Azi MexyWolf

Saint Peters Wolf was recommended to me by my best friend BearX. I should state that this book is an Adult book.

What captured me the most was the fact that

Benjamin Byrd is a regular man, with a midlife crisis. I too am going through a lot of the same things, just in my own way.

When Byrd gets ahold of the “fangs” or wolf shaped dentures, he wants to keep them safe. Yet he is also drawn to try them on. He wears them and is imbued with the power of lycanthropy. Here is where the story really starts to mirror my past with my therianthropy. He slowly starts to dream of being a wolf. He wakes in panics (much like I did).

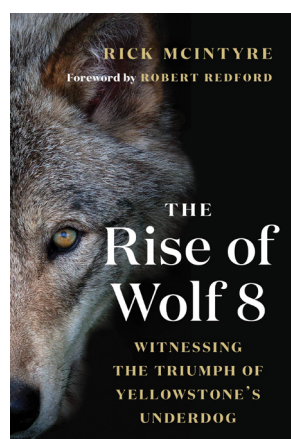
As Byrd goes on with his daily life, he begins to act more wolf-like. As he continued to transform into a werewolf as he slept he began to question his sanity. Something I am sure most therians ask of themselves when they feel non-human instincts and urges.

When he finally transforms into a werewolf when awake, he is shocked to say the least. I know this really stayed with me since my own therianthropy was difficult to come to terms with.

As time goes on for Byrd, he begins to accept, and even embrace his lycanthropy. He starts to enjoy the changes to his wolf form. I wish I could say the latter applies to me like the former does, but sadly it does not. I am drawn, yet repelled by my own therianthropy.

I feel this book is good for the newly awakened therian, or someone who wants a “wish fulfillment”. I know this book allowed me to become the character and “physically transform”. It was a book I couldn't put down. Becoming the best werewolf book I've ever read.

The Rise of Wolf 8 by Rick McIntyre



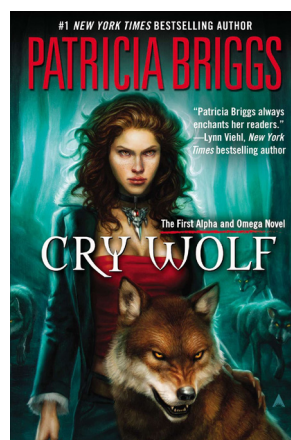
2019 Greystone Books

Ulfvif

Based on long-term observation, this is a true story of a male wolf in Yellowstone. This wolf started out as the runt, but wolves can teach us that character, skill, and determination are sometimes more important than size.

I think this book is a good read for those who want to learn about wolf behaviour and family pack dynamics.

Alpha & Omega (Series) by Patricia Briggs



2008 Ace Publisher

Elinox

Urban fantasy. Action. Romance. And werewolves. The series is best started with the prequel. From the author's web site: "This series is set in the same world as the Mercy Thompson Series, but on a slightly earlier time line."

MOVIES

The 10th Kingdom (2000)

Elinox



Not only is this my favorite movie and book of all time, but it really hits home too. The fairy tale land, epic quest and characters are all just so perfect to me that I can't even pinpoint something specific that makes

me think of my own 'kin identity. And one of the main characters, Wolf, is simply the best example I've ever seen of a therian portrayed anywhere.

The Wolfman (2010)

Ulfrvif



Remake of the 1941 film of the same name.

I enjoyed this movie and its tragic end. I didn't find the transformation scenes too goofy or unrealistic. The cgi was decent. The werewolf type presented is very anthropomorphic,

with a more human-like face. Warning: The movie is bloody and gory. It did cause me some dyphoria as it made me wish I could also become a wolf.

Notable quotes from the movie:

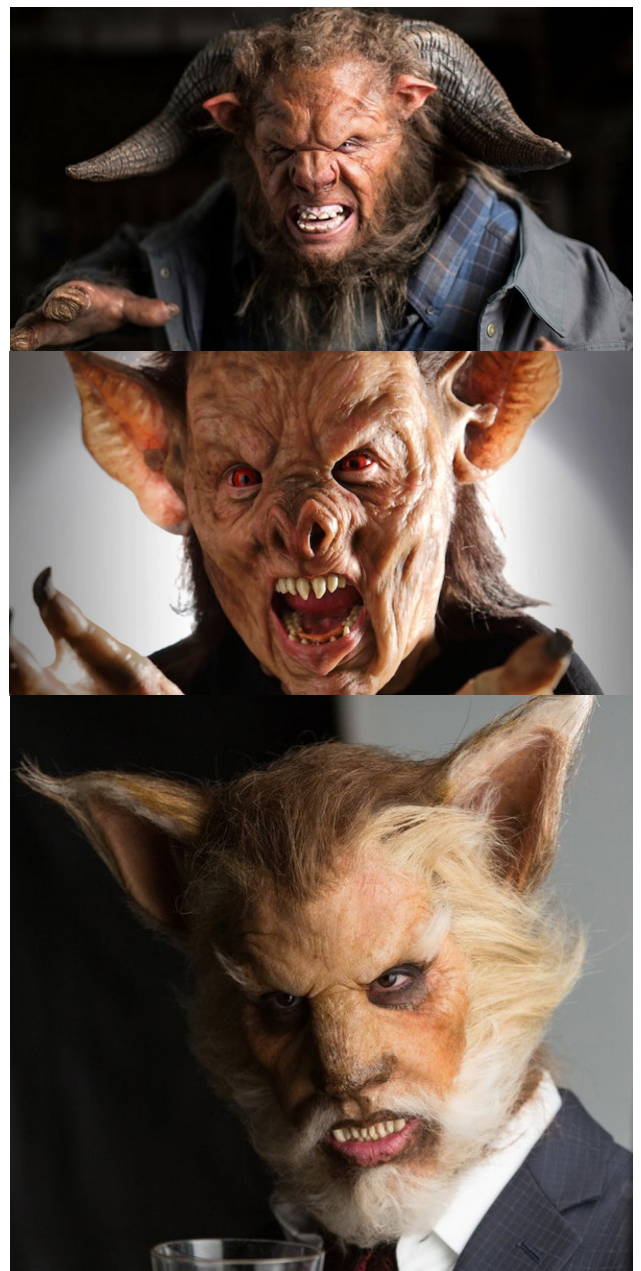
Sir John Talbot: "But life is far too glorious, Lawrence, especially to the cursed and the damned, like myself."

Gwen Conliffe: "It is said there is no sin in killing a beast, only in killing a man. But where does one begin and the other end?"

Grimm (TV Series 2011-2017)

Elinox

The portrayal of the Wesen, mythological-type creatures, who live alongside humans is great. Add in the fact that they're "monsters" who 'woege' (pronounced 'vogue') into their furry selves makes it better too. The complete series is available for purchase from iTunes or Amazon Prime.



Shelter 2

Kai Glass Dragon

Shelter 2, by Might and Delight, is an adventure game where in you play as a mother Lynx who must raise her cubs to adults; providing them with food while also protecting them from predators. It is the sequel to the original *Shelter* title which uses the same concept with a mother badger as the protagonist. In *Shelter 2* if you succeed in raising at least one cub to adulthood your game continues and you play as the next generation. However the wild is dangerous and resources can be scarce, so this is not always an easy task.

Feline therians in particular will love this game as it allows us to, in a gamified way, live out our animal lives vicariously through the protagonist, mother Lynx. The world map where you can roam is fairly expansive so you have plenty of room to explore if you are prone to wandering. Graphically the game is set in a low to mid poly cut paper stylistic, the artistic nature of which enhances the longevity of the game visually. The patterns while appealing to the eye can also add to the challenge in and of themselves, sometimes making small prey harder to spot.

The general gameplay is fairly short, it takes about 3 hours to raise one litter of cubs to adulthood. However as long as you succeed in raising one you can continue the family line on infinitely. There are also many many simple collectables to find in the game, some are very difficult to find, which can keep you busy for quite a while. The game is controller supported, so you can play either with keyboard/mouse, or lean back with a controller. The controls themselves are very simple, hunting is done virtually automatically (with small prey), you only have to sprint at the target and the character will catch and kill it automatically. With the larger prey, mostly deer, you have to jump on them as well, but with a little practice this becomes very easy to pick up on. The one complaint about the controls is the Lynx Sense. This is a mode that temporarily turns the world black and white while highlighting prey, major map locations (like your den), and your cubs. It is a major part of gameplay, yet when activated it only lasts for a couple of seconds, so you will find yourself mashing the Senses key a lot during play.



The atmosphere of the game is really well done. There are times when hazards arise in the game and you have to avoid or endure through them. During a play through I encountered a forest fire. At first I had no idea what was going on, the screen got darker, my Lynx Sense no longer worked, and the music became very tense. I actually started to freak out a little not knowing what was going on or what danger my cubs and my character were in. I was really impressed with how well the game delivered that tension.

This leads me to another thing though that can be an issue. The game does not explain everything to you. Some people like this in a game others don't, so if it's a positive or negative is up to your personal taste. The game explains the basic controls, but aside from the hazard of wolf packs, nothing else gets overtly explained. Thankfully because the game is on Steam it has a very helpful community that has the information in guides and discussions if you want it explained to you.

Over all *Shelter 2* is one I highly recommend, giving it a solid 8 out of 10 stars. ☾



A Wolf Favorite

San Francisco Pork Chops

BlueWolf

This recipe is one I stumbled across many years ago and has become a favorite in our home. So often a singular meal that everyone will agree on is increasingly rare, but I know when I start the prep on this, everyone is in agreement and looks forward to it.

Ingredients

- 4 boneless pork chops
- 1/3 cup soy sauce
- 1/3 cup soy sauce (reduced sodium)
- 1 cup chicken or vegetable stock
- 3 cloves garlic (minced)
- 1 tsp brown sugar
- 1 tsp crushed red pepper
- 1-2 tbsp corn starch
- 1/2 cup water
- 1 bag egg noodles
- olive oil
- salt
- pepper

Directions

Trim Pork to remove excess fat, lightly salt and pepper both sides to taste.
Combine soy sauce, stock, brown sugar and red pepper, mix and set aside.
Add olive oil to frying pan (enough to lightly coat) and bring to heat (medium-high, not enough to smoke the oil).
Sear both sides of chops quickly (to lightly brown, but not cook through) and remove from pan.
Add additional olive oil (1-2 tsp) to hot pan, sear minced garlic to light brown.
Add soy sauce and stock mixture to pan with garlic.
Add pork chops to pan with liquid, cover and simmer over medium-low heat for 10–15 minutes, flip pork and cook another 10 minutes (internal temp 165F).
Cook egg noodles to taste, timing for 15 minutes after pork is flipped.
Mix water and corn-starch until fully dissolved.
Once cooked, remove pork from pan, heat liquid over high heat (to boil) and add corn-starch and water mixture, stirring to thicken sauce. Once thickened, strain sauce (if desired, garlic and red pepper remain in it)
Serve pork over noodles and cover with sauce to taste (there will be excess sauce as a warning! Better to have more than not enough).

The high protein content is quite satisfying, but also it being one that the whole family enjoys connects with the wolves bonds deeply.

- BlueWolf

A Bear-ish Meal

Cupboard Soup

Coffeebear

An enjoyable meal any time of year, but great in the fall when there are so many leftovers to get through, this soup is intended to be rearranged to suit the chef's individual tastes or to accommodate existing ingredients. Enjoy!

Ingredients

- 1 - 1.5lbs chicken, beef, or other protein
- 1Tbsp butter
- -----
- 4 - 6 cups broth
(chicken broth with red meat works well enough, but beef broth with chicken tends to not come out as well as it could)
- 1 - 1.3 cups peas (or another bean or legume)
- 2 - 4Tbsp rice
- 1 medium tomato
- 1 medium potato
- 1 medium onion
- Seasoning to taste

Directions

Set your oven to 350F and melt the butter in an oven-suitable pot or pan.

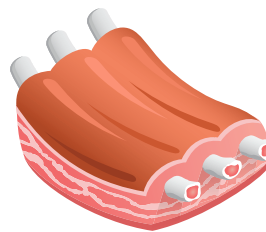
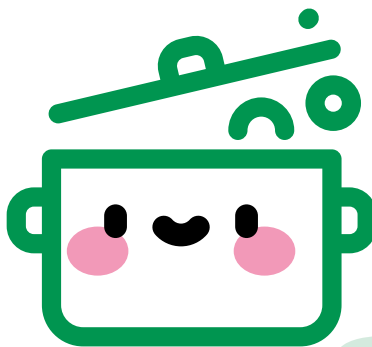
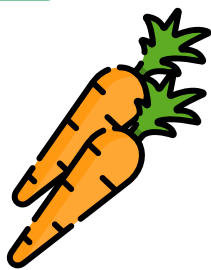
Set the chicken (or your meat of choice) in the pan and liberally season. Salt, pepper, thyme, and sage are good, but not required. Cover and bake for 45 minutes.

In the mean time, dice the onion, potato, and tomato. Pour the broth into a large soup pot and add vegetables and rice. Bring to a boil and then set heat to low, cover, and let simmer while the chicken cooks.

When the chicken is done, cut or shred into small pieces and add to the soup. Pour whatever liquid cooked out of the chicken into the soup, as well. Add water or broth as desired to reach a good consistency, and add seasoning, as desired. Let simmer for an additional 15-20 minutes, and enjoy!

This is one of those nice bear-ish meals... bears are omnivores, and just about anything can be thrown into this dish. There's a freedom I enjoy in not feeling confined to a strict recipe, and there's a bit of ursine satisfaction in having the flexibility to scrounge through the kitchen for whatever sounds good or is available.

-Coffeebear



Pork Stew with Japanese Influence

Sheila Grace

Ingredients (4 servings)

- Pork ribs (800g - 1kg)
- Carrots (2 - 4 / depends on how large)
- Onions (2 - 4 / same with above)
- Tomato (2 - 4 / same)
- Potato (1 pack. Small one is recommended)
- Shimeji / Japanese mushroom (1 pack of whole size or 2 packs of half-sized)
- White mushroom (1 or 2 packs)
- 1 Broccoli

Core Spices 1

- Bouillon (2 - 3 cubes) (Maggi brand recommended)
- Chicken consommé (2 cubes) (Maggi brand recommended)
- Magic salt (to taste) (S&B brand recommended)
- Jane's Krazy Mixed-Up Salt (to taste) (alternative of magic salt)
- AlpenSalz (to taste) (Bad Reichenhaller brand)
- Heinz demi-glace sauce (1 can)
- Tomato ketchup (Heinz)
- Soy sauce (to taste / any brand / e.g. Kikkoman)
- Olive oil (same with above / e.g. Bosco)

Core Spices 2

- 1 Garlic (Replaceable with granulate. Fresh is recommended.)
- Black pepper (to taste)
- Basil (to taste)
- Marjoram (to taste)
- Bay leaf (3 - 4 leaves)

I offered this meal to some other therian/otherkin friends when they visited me. I'm Japanese, and I have only few therian friends in Japan, so this meal is special for me. I can remember how it felt when my foreign therian/otherkin friends visited me each time I make this meal.

- Sheila Grace

Additional Spices 1 (can be omitted)

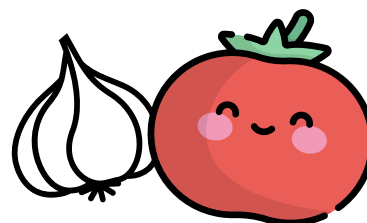
Use all of the listed below if you add

- Toned anchovy paste (1 - 2 tablespoonfuls) (Gaea brand)
- Red wine (about 100cc/100ml/0.5 cup)
- Blueberry jam (1 - 2 tablespoonfuls) (Organic recommended)
- Orange juice (about 50cc/50mL/0.25 cup) (Organic recommended)

Additional Spices 2 (can be omitted)

Use only if you want some additional flavor

- Allspice
- Nutmeg powder
- Cardamom powder
- Cinnamon powder



Directions

1. Fill the water about 1/4 of the stew pot and bring to a boil.
2. Peel the tomato and cut to desired size. Set aside.
3. Peel and cut the carrot to desired sizes, and add to stew pot.
4. Peel and cut the onion to desired size and add to stew pot.
5. Turn down heat to middle or low, after the water begins to boil.
6. Prepare Garlic.
 - 6-1. Peel the whole pieces of garlic and use food processor (if you have one). If you don't have a food processor, finely chopped.
 - 6-2. Prepare the frying pan by adding olive oil. Cook the garlic until light brown. (CAUTION: Do not burn it!)
 - 6-3. Put the garlic into the stew pot with olive oil. (Attention: Do not wash the pan after that. We can make good use of garlic flavor.)
7. Cut the pork ribs. Then put those into the frying pan (put the fat under). And grill those well. After that, put those into the stew pot. (Attention: You don't have to wash the frying pan yet.)
8. Wash the potatoes. If those are a bit too big, cut those to desired size. Then put those into the frying pan. Grill those well. After that put those into the stew pot. (Attention: You don't have to wash the frying pan yet.)
9. Process the broccoli.
 - 9-1. Fill frying pan with water and add [Bad reichenhaller] AlpenSalz (Salt) (If you don't have AlpenSalz, you can use alternative salt).
 - 9-2. Cut broccoli to desired size, add to frying pan, and boil those. (Add enough water until the entire broccoli stumps are covered. If you can't cover, flip to boil completely.
 - 9-3. When boiled, discard the water and catch broccoli on the sieve. Set aside.
10. Add "Additional Spices 1" (except orange juice and tomato ketchup) into the stew pot. (if you use)
 - 10-1. Add [Gaea] Tubed anchovy paste into the stew pot. (It's a bit smelly...)
 - 10-2. Add red wine. (This flavor will counter the smell of anchovy.)
 - 10-3. Add blueberry jam. (For adding some rich taste on the flavor.)
11. Add prepared tomato on the stew pot.
12. Add [Maggi] Bouillon and Chicken consomme to stew.
13. Wash the mushrooms and remove stems. Cut those to desired size and add to pot.
14. Wash the Shimeji and remove the hard tips. Rip respective pieces of mushrooms from the center, and put those into the stew pot.
15. Add prepared broccoli into the pot.
16. Add [S&B] Magic salt (to taste) or [Jane's] Krazy Mixed-Up Salt into the stew pot. Then mix it well.
17. Add soy sauce and "Core Spices 2" to the pot, and mix well.
18. Add "Additional Spices 2" if you want, and mix well. (Allspice, nutmeg, cardamom, cinnamon will add some 'fresh' taste on the stew. Do not add too much.)
19. Add orange juice if you added "Additional Spices 1" on process 10, and mix well.
20. Add [Heinz] demi-glace sauce into the stew pot, and mix well.
21. Check the taste. And if you feel it's a bit too weak seasoned, add some soy sauce and [Heinz] Tomato ketchup.
22. Turn off heat and let stew rest approximately 10 minutes to cool and flavours to mingle. Then, enjoy!

Self Care

Lopori

(Short disclaimer: I can only truly speak for myself here, from my own experience. I don't like to to assume a place of authority on sensitive matters. These are merely suggestions but if they help anyone reading this then that's great.)

Like a significant portion of the therian community, I suffer from species dysphoria and homesickness in droves. The remedy for many types of dysphoria appears to be some kind of change. I don't mean physical shifting of course, I don't think the transhumanists have figured that one out yet.

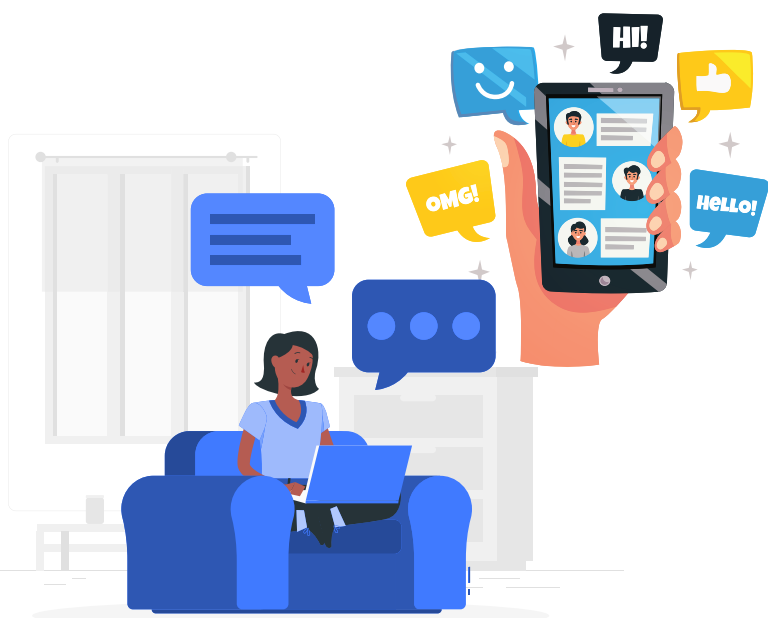
Rather, I mean the small things you can do to express your therioside, comfort yourself and make you think of home. It appears one of the most effective coping methods is to nurture and pander to one's therioside (and kintype as I'm also otherkin) in safe ways without losing touch with what's good about my human life.

Meeting and talking with you guys has been the biggest boon quite honestly. We wouldn't be doing this if we weren't human, ironic as that might be. It's so much easier to deal with anything if you have a strong support system, being able to talk is probably the most important thing, more-so than any tail or animal shirt.

As for self care methods that consistently work for me, making my surroundings similar to home seems to be the biggest one. My living room is pretty much a jungle, the walls are green and I've hung up fake jungle plants on the walls and vines on the curtain rail. Said plants were supposed to be for pet reptile tanks! My bed covers are green with botanical patterns on the duvet to mimic a nest. I'm quite proud of what I've done to my flat, it's a little different to plain magnolia walls that's for sure.

Going to the zoo or into nature itself is very restorative too. If you can't find the right place to escape and let go of your worries, create one, build a den or a nest. Put up a mural, collect things that remind you of home.

I'm very pro gear, body modding, make-up, themed fashion and the like. I don't really have much in the way of gear as human and non-human ape bodies are similar, there aren't really any extras to make wearables out of. Physical expression wise my options are more subtle, I styled and dyed my hair for a while in a subtly bonobo-like fashion (tempted to do it again.) I have some decent quality fangs that I wore on halloween but I'm not brave enough to wear them other times yet, I'd like to though.



Most drastic are my homemade quad stilts. I suggest making some of your own if you're also a quadruped. It's fun to take them to the woods in summer, as long as I don't get caught! You might be a bit braver than me though, who knows.

Something I'd recommend for pretty much anyone is some kind of physical activity that your theriotype would be seen doing.



Whether it's swimming, climbing, sprinting or something less intense if that's your style. Basic self preservation like exercise is less of a chore if it's more theriotype specific, and you get to live a little more like them to ward off the homesickness sads. I like to climb trees and relax at the top, I've even made a nest now and then.

This might sound a little odd, but you can kind of gain a more theriotype specific physique if you're tactical about it. I've always had dysphoria over my body composition, from both a gender and species standpoint. The body type of bonobos is very elegantly lean yet strong and I envy it, so for some months I've been doing weight training to become more defined. I'm no ripped chimp-man just yet but I have noticed a difference and it feels good. My limbs feel harder. No use crying about it when I have options!




Nest Hammock
Photo by Artem Beliaikin
pexels.com

Ebowalker
Dog Blanket
pixabay.com



I was inspired by a coyote friend of mine who works out to look more coyote-ish. Small, lean animal therians like coyotes could benefit from lots of cardio, muscular animals could try body building workouts, big chunky animals like bears could do strength training on a hearty diet. It's the closest we'll get to physical shifting so why not?

Species dysphoria is an absolute bitch especially when there's so little for us to do about it, whatever small favour we can do ourselves, we should do it. Real self care is to stop worrying about being a weirdo and start living a little. Even for those therians without dysphoria it's still good to do something nice for ourselves. 



Forums



Therian Guide
forums.therian-guide.com



Werelist
www.werelist.net

History

Orion Scribner
Otherkin Timeline: The Recent History of Elfin, Fae, and Animal People
frameacloud.com/nonfiction

Bewteen Forest and Sea by House of Chimeras
• *includes list of Academic Articles and Papers*
houseofchimeras.weebly.com/informative.html

Otherkin News
otherkinnews.dreamwidth.org/archive

Beyond Awakening
thehornedgate.wordpress.com

If you know of a resource that should be added to this page, please email therian.nation@gmail.com

Resources

Project Shift
projectshift.therianthropy.info

Werelibrary
werelibrary.therianthropy.info

Therian Wiki
therian.fandom.com

The Therian Timeline
• *Guide for Professionals working with Therians*
• *Tips for Therapists and Counselors*
theriantimeline.com

For Parents of Therianthropes
therian-guide.com/index.php/8-Parents

Animal Quills
This group is no longer active or updated, but it is a good collection of writing by Therianthropes.
animal-quills.dreamwidth.org/379.html

Disclaimer: Join groups at your own risk. Therian Nation can not verify the content of all Discord or social media groups that have been submitted. Users must use their own discretion when joining groups.



Telegram Chats

Crossroads

By invite only.
Contact Storm (owner)
@Stormdancer

Therians

By invite only.
Contact an admin:
@Shadow907
@Ina_Casareth



Discord Chats

Therianthropy

Ruddertail#4435 (owner)



Dreamwidth

dreamwidth-therians.dreamwidth.org



Reddit

r/Therian
r/Therianthropy

If you are the owner/admin of a Therian group or chat and would like to list it here, please email therian.nation@gmail.com.

Therian Nation Magazine will not advertise pack recruitments.

Resources

Anotherwiki
anotherwiki.org

otherkin.net

Orion Scribner
Otherkin Timeline: The Recent History of Elfin, Fae, and Animal People
frameacloud.com/nonfiction

House of Chimeras
Bewteen Forest and Sea
houseofchimeras.weebly.com/informative.html



Dreamwidth

otherkin.dreamwidth.org
otherkin-haven.dreamwidth.org



Reddit

[r/Otherkin](https://www.reddit.com/r/Otherkin)

If you know of a resource that should be added to this page, please email therian.nation@gmail.com

San Francisco Bay Otherkin Meetup

tinyurl.com/sfbayotherkin

The SF Bay Otherkin Meetup has been running since September 2011 and is the successor to the Santa Clara County Otherkin Meetup that ran from about 2002-2006. We have short meetups (2-3 hours) once a month at various locations around the bay. Additionally, we host a special evening event at the local Pagan convention PantheaCon each February (2020 is the final year for the con) and, new for this year, will be having a one-day group picnic in June called the Mythnic.

The meetup is aimed at mythic and theriomorphic folk (e.g. elves, fae, dragons, unicorns), but therians are also welcome if they identify with that otherworldly magical "feel", or just want to come hang out with some otherkin now and again. By the same token other cousins like starseeds or "elf-friend" humans are welcome to come chat as well. 18+ only -- no minors unless accompanied by their parent.

We announce the meetups every month via email list. See the website above for full details and to sign up.

Vampire Learning Centre

vampirelearningcentre.wordpress.com

facebook.com/groups/VampireLearningCentre

Amelia's Musings

Collection of Essays and Information about Vampires
Therians, Otherkin, and Alterhumans

<https://littlenightside.wordpress.com/>

Reality of NonHuman & Vampire Identities

realitygroup.forumotion.com

The Red Cellar

A Sanctuary for Sanguivores

<https://theredcellar.com/>

Vampire Community News (VCN)

facebook.com/groups/vampirecommunitynews

Atlanta Vampire Alliance (AVA)

atlantavampirealliance.com

Vampire Court of Houston

vampirecourtofhouston.com

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be added to this page, please email
therian.nation@gmail.com**

THERIAN NATION

MAGAZINE

Submissions NOW OPEN for Vol. I Issue II

**Please email Ulfrvif
for more information about
the submission guidelines.**

therian.nation@gmail.com

**All submissions received by February 15th
will be considered for the next issue.**

Thank you for reading!